

"helping one another"



GROUPS AGREEMENTS

- \Rightarrow Together we know A LOT honour diversity of experience
- ⇒Listen and Share Respectfully be present; manage time; uplift others; no disruptions when others are speaking
- \Rightarrow Take Care of Your Needs breaks; emotions; asking for help when needed
- ⇒ **Uphold What's Confidential** take home the wisdom shared, but not the names
- ⇒ "Hang it on the Nail" agree to contribute to safe, shared space for all